

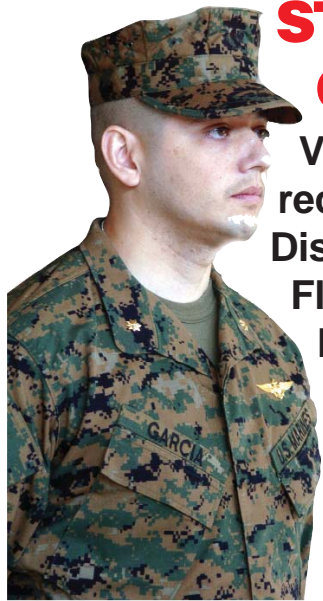
# ROTOVUE

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March 9, 2005

Vol. 44 No. 5



## STANDING OUT

VMX-22 Marine receives Distinguished Flying Cross for lifesaving actions in Operation Iraqi Freedom

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## GETTING WINGS

Behind the scenes of Marine Corps Naval Aviators

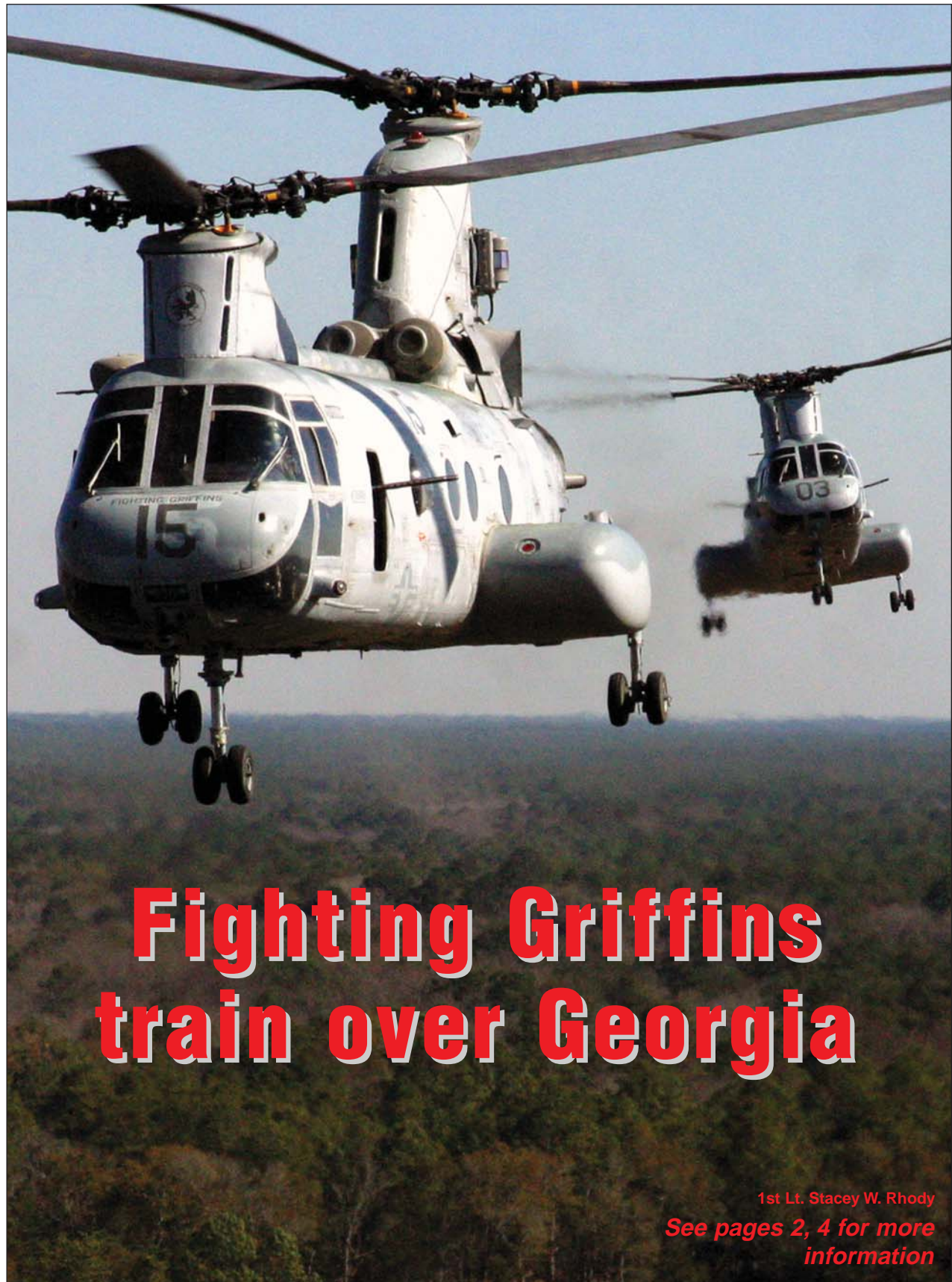
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## PATRIOTS LAND

MALS-26 sets up camp in Iraq

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# Fighting Griffins train over Georgia

1st Lt. Stacey W. Rhody

See pages 2, 4 for more information

## FLIGHTLINES

### OWC scholarships

All military dependents or spouses whose sponsor is an officer or sergeant and below and stationed at or retired from here, are eligible to apply for the MCAS New River Officers Wives Club Scholarship.

Contact the squadron education office, the Station Family Service Center or Navy-Marine Corps Relief Society for an application and more details.

The deadline for all applications is Friday.

### Youth Spring Extravaganza

The Station Youth Center is hosting the Youth Spring Extravaganza on Saturday.

The event is open to all active duty, reservists, family members and civilian servicemembers from New River.

Maximum participation is encouraged.

For more information, call 449-6110 or 449-6711.

### MCCS Easter egg hunt

Kids can meet the Easter Bunny and join in for an Easter egg hunt at the Tarawa Terrace ball field on March 19 at 2 p.m.

In case of rain, the Tarawa Terrace Youth Pavilion will be open for Easter activities.

The extravaganza is open to kids 2-12 years old.

For more information, call 451-1807.

### Teen job fair workshop

This workshop is being held March 23 from 10 a.m. to noon at the Family Member Employment Assistance Program Center, building 2475 at Tarawa Terrace.

Those attending will learn how to market their skills, interview effectively and write resumes.

For more information and to register, call 450-1676.

### Summer job fair for teens

There will be a Teen Job Fair on April 2 from 9 a.m. to noon at the Midway Park Community Center.

The job fair features Summer employment for teens, ages 16-18, and volunteer opportunities for teens, ages 13-18. Teens will also learn about their career interests.

For more information and to register, call 450-1676.

### A few good students

The Marine Corps Scholarship Foundation is looking for students who qualify for academic year 2005-2006 scholarships.

Application forms are available to download from [www.mcsf.us](http://www.mcsf.us).

The submission deadline is April 15.

For information about who can qualify, call 1-800-292-7777.

### Dress blues not authorized

Casualty assistance officers are now required to be in the service "A" uniform during death notifications to Marines families, according to Marine Administrative Message 057/05.

The dress blue uniform will no longer be worn for death notifications.

### New order for civilian attire

According to Marine Corps Order P5060.2, there is a change to how Marines not in uniform render honors to the American flag during the playing of the national anthem.

The order states that any Marine present in civilian attire should stand at attention facing the flag and place their right hand over their heart. Any headdress should be removed and held at the left shoulder so the hand is over the heart.

When the flag is not present,

Marines should face in the direction of the music and do the same.

### Reinstating the reading list

The Commandant of the Marine Corps is reinstating the professional reading list program to increase depth of military education.

The recommended reading list separated by rank is available in All Marine Message 007/05.

### FY06 BOOST program starts

Qualified enlisted Marines in the regular Marine Corps or active reserve who are interested in receiving a commission are encouraged to submit a package for the BOOST program.

For two weeks in August, a board will convene at Headquarters Marine Corps where those qualified for the program will be selected and notified via Marine Administrative Message.

Interested Marines are encouraged to consult their chain of command to check for eligibility

or reference MARADMIN 048/05 for more information.

### New MPD phone numbers

The Military Police District has new non-emergency phone numbers. They are 451-2555 and 451-2556.

The emergency phone number remains 911.

Emergency and non-emergency phone numbers are directed through the Marine Corps Base, Camp Lejeune, N.C., Consolidated Dispatch Center.

The center dispatches responders to all emergency and non-emergency calls for service.

### On the cover

Two CH-46-E Sea Knight helicopters from Marine Medium Helicopter Squadron-266 prepare to land in a simulated hot landing zone at the Fort Stewart Range Complex in Georgia. This exercise was part of a deployment evolution Feb. 8-18 at the Georgia Air National Guard Combat Readiness Training Center in Savannah to prepare the Marines for future deployments.

### Station CO helps 'Read Across America'



Pfc. Jonathan A. Tabb

**Colonel Steven L. Forand, Station commanding officer, reads to a third grade class at DeLallo Elementary School March 2 in recognition of Read Across America Day and the birthday of Dr. Suess. Forand read "Green Eggs and Ham" to the students and then answered questions about the book.**



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## NMCRS holding March fund drive to help Station Marines, Sailors

**Lance Cpl. Jeffrey A. Cosola**  
correspondent

The Navy-Marine Corps Relief Society is asking for Station-wide donations to support their annual March fund drive benefiting active-duty Marines and Sailors.

The goal of the NMCRS Fund Drive is to encourage 100 percent participation from active-duty personnel here. NMCRS hopes to raise enough money to ensure that funds are available to help any servicemember in the event of a financial problem, said Sandi Isherwood, Station NMCRS director.

"That's the goal. You always want 100 percent participation, because the society truly is their own organization for Marines and Sailors," said Isherwood, a Pittsburgh native. "Instead of setting a dollar amount, we're going to keep track of how many Marines on Station donate."

The NMCRS is in place to help active-duty Marines, Sailors and their families overcome and manage financial crisis situations, said Sgt. Major William H. Bly Jr., Marine Aircraft Group-29 sergeant major and Norfolk, Va., native.

"It's so important to know there's an agency there that spouses know they can go to and get some help, whether it be financial or just some counseling," said Bly. "I have had Marines in my career, when they were forward deployed, their spouses were able to go to Navy-Marine Corps Relief Society and get immediate relief."

The importance of donating to the NMCRS fund drive may not always be immediately apparent to servicemembers here, but those donations can make a world of difference in a emergency, said Lance Cpl. David L. Carpenter, School of Infantry motor transport operator.

"I think it is important because you never know when you will need them," said Carpenter. "They helped me get from Japan to the United States when my wife had surgery."

The NMCRS should not be thought of as a last resort. Marines, Sailors and their families should be proactive about using the society's other services, such as financial planning, said Bly.

"Instead of being proactive, they're reactive. It would really be great to see that our Marines are proactive and go to NMCRS prior to getting into a situation and take advantage of the financial counseling and the budgeting plans that they offer," said Bly. "They have a great service, and a lot of Marines wait until the last minute. That's one thing I wish we could change. We're a band of brothers, and it's one Marine taking care of another Marine."

For more information on the fund drive or to make a donation, contact your unit's NMCRS representative, said Bly.

"For each squadron, their representative is going to attend a formation and address and explain to all the Marines what the NMCRS is, why they exist, and why we need their support," said Bly.



## 26th MEU earns SOC title with CERTEX

**26th MEU Public Affairs Office**  
contributor

The 26th Marine Expeditionary Unit earned the designation, "Special Operations Capable," having successfully completed its Certification Exercise (CERTEX) recently at Marine Corps Base, Camp Lejeune, N.C.

The CERTEX, conducted Feb. 14-25 in and around Camp Lejeune, tested the MEU's proficiency in a wide range of missions it may be required to conduct once deployed. These missions include non-combatant evacuation operations; helicopter, mechanized and motorized raids; embassy reinforcement; humanitarian assistance; and the tactical recovery of aircraft and personnel.

The CERTEX also marked the final phase of the MEU's pre-deployment training period.

The scenario-based exercise pitted the 26th MEU and the broader Kearsarge Expeditionary Strike Group against a ter-

rorist organization seeking the spread of violence and instability within a designated area of operations. The Marines of the MEU were called upon to conduct raids on sites of terrorist activity while simultaneously reinforcing a U.S. embassy, and ultimately evacuating American citizens and select third country nationals from the area.

A highlight of the CERTEX operations involved a long-range raid conducted by Echo Company, Battalion Landing Team, 2nd Battalion, 8th Marines. Forces launched by helicopter from U.S.S. Kearsarge just after nightfall and were inserted at a location aboard Fort Bragg, N.C. From there, they conducted an assault on a terrorist bomb-making facility and weapons cache.

With Harriers and helicopters from Marine Medium Helicopter Squadron-162 (Reinforced) providing close-air support, Echo Company cleared the objective, destroyed the enemy weapons

and explosives, and returned to ESG shipping with two enemy detainees and a recovered American hostage.

Confident in the MEU's combat readiness to deploy in support of the Global War on Terrorism, Col. Thomas F. Qualls, 26th MEU commander, pointed out that the unit is "poised for continued rapid development."

"We now have a base line qualification that will provide a springboard for further tactical growth," he said.

Qualls stated that the certification is also evidence that the MEU can still achieve SOC qualification, regardless of the resource constraints posed by the ongoing Global War on Terrorism.

As the 26th MEU continues preparations for deployment in March, the unit is ready to support operations in Iraq, Afghanistan or the Horn of Africa.

"As we sail into the Fifth Fleet area of responsibility, we will be ready for whichever one has our name on it," said Qualls.

## HMM-365 returns after seven month deployment

**Lance Cpl. Michael Angelo**  
correspondent

Approximately 250 "Blue Knights" from Marine Medium Helicopter Squadron-365 (Reinforced) returned here Feb. 23 after spending more than seven months in Iraq.

The squadron deployed to Al Asad Air Base, Iraq, where they supported 3rd Marine Aircraft Wing and I Marine Expeditionary Force during Operation Iraqi Freedom II.

"I can honestly say that after 22 years in the Marine Corps, this has been my most successful deployment," said Sgt. Maj. Blaine H. Jackson, squadron sergeant major who hails from Plaquemine, La.

The squadron departed with two objectives, said Lt. Col. J. Scott O'Meara, Blue Knight commanding officer from Dumont, N.J. The first was to complete the mission at hand, and the second was to have every Marine return safely. They succeeded with both.

"The MAG-16 commanding officer spoke highly of the

squadron and how much we did to make Iraq safer," said Jackson.

During their deployment the squadron flew 3,691.1 combat hours under enemy fire mostly during hours of darkness with no mishaps, added O'Meara.

In addition, the squadron played a major role in transporting personnel for the elections in Iraq this January, said Jackson.

"The job was 24 hours a day over there, and the mission wasn't complete until the buses pulled up on the flightline," said O'Meara.

Future plans for the Blue Knights include getting back to the basics, and in the late Spring, preparing for a future deployment with the 24th Marine Expeditionary Unit, said O'Meara.

As for right now, the Marines are happy to be home.

"I just want to relax and take it easy," said Lance Cpl. Damien Phinazee, HMM-365 ordnance technician. "It makes you appreciate everything, even green cammies."

## VMX-22 Marine recognized for lifesaving efforts

**Sgt. Andrew W. Miller**  
correspondent

Major Eric Garcia, Marine Tiltrotor Test and Evaluation Squadron-22 logistics officer, recently received the Distinguished Flying Cross for lifesaving actions during Operation Iraqi Freedom I.

The award was presented to Garcia in a ceremony at the squadron hangar on March 1, by Lt. Gen. James F. Amos, II Marine Expeditionary Force commanding general, who at the time was the commanding general of 3rd Marine Aircraft Wing, I MEF.

"This is the first (Distinguished Flying Cross) that I have pinned on anyone since OIF I," said Amos. "I remember sitting at my desk, reading

his award citation and thinking to myself that this is what it's all about."

According to the citation, at the



Sgt. Andrew W. Miller

time, Garcia was attached to Marine Medium Helicopter Squadron-162, Marine Aircraft Group-29, 3rd MAF, under the command of Amos.

While providing casualty evacuation support to Task Force Tarawa in An Nasiriyah, Iraq on March 23 and 24, 2003, Garcia maneuvered his aircraft through heavy small-arms fire to land in

See *Flying Cross* on page 10

**Major Eric Garcia, VMX-22 logistics officer from Las Cruces, N.M., is awarded the Distinguished Flying Cross by Lt. Gen. James F. Amos, II MEF commanding general, March 1. Garcia earned the award for heroic actions during Operation Iraqi Freedom in 2003.**

# HMM-266 lights up Savannah

**Sgt. Andrew W. Miller**  
correspondent

Marines from Marine Medium Helicopter Squadron-266 recently returned from a training exercise to better prepare them for the uncertainties of future deployments.

Approximately 116 servicemembers with six CH-46E Sea Knight helicopters deployed to Savannah, Ga., from Feb. 8 -18 for training at the Air National Guard Combat Readiness Training Center to increase core capabilities and enhance tactical proficiency, both day and night.

According to Capt. Jennifer C. Schrantz, HMM-266 training officer from Kilmarnock, Va., the Marines accomplished a large number of initial and proficiency flights that are desperately needed for future deployments.

She went on to say that the deployment also helped to enhance staff noncommissioned officer and flight leadership while conducting training in terrain flights, night systems and aerial gunnery in an unfamiliar environment.

Information gathered from HMM-266 operations indicates that during a routine month of flying on Station, an aircrew should attain between 200 and 250 flight hours.

During this deployment, the crews flew more than 138 hours in only nine "fly days" at a deliberately high tempo. The

squadron also conducted nine pilot, 16 crew chief and 50 aerial observer initial training events, and qualified six air crew personnel and nine aerial gunners who fired more than 9,000 rounds.

Other squadrons and units served essential roles in the successful completion of this training evolution.

Marines from Marine Helicopter Training Squadron-302 delivered all of the rounds for HMM-266; Marine Aviation Logistics Squadron-26 provided the maintenance; Marine Wing Support Squadron-272 provided cooks and MWSS-273 from MCAS Beaufort, S.C., assisted with fueling while all permanent personnel from the Savannah Air National Guard provided assistance where it was needed while continuing their daily tasks.

"It was a good deployment, and we were able to meet all of our training objectives," said Cpl. Kevin T. Yates, Fighting Griffins CH-46E crew chief from Spiro, Okla. "My guys got a lot of new experiences from Savannah, and the goal is always to get everyone trained. Especially before they might have to deploy."

According to the New River Web site, the mission of HMM squadrons is to provide assault transport of combat troops, supplies and equipment during amphibious operations and subsequent operations ashore.

**A Marine Medium Helicopter Squadron-266 Sea Knight performs an aerial familiarization exercise over the Georgia Air National Guard Combat Readiness Training Center, Fort Stewart Range Complex in Savannah. The event was part of a 10-day training cycle from Feb. 8-18 to increase core capabilities and enhance tactical proficiency during day and night operations.**



1st Lt. Stacey W. Rhody

# Women Marines look back at struggles, prepare for future

**Lance Cpl. Jeffrey A. Cosola**  
correspondent

They're our mothers, our sisters, our wives, girlfriends and daughters. They're our fellow Marines and Sailors. Women have

fought an uphill battle to earn gender equality, and the month of March will serve as reminder to all, of those battles won, and those battles yet to come.

March marks Women's History Month, a 31-day celebration of the past, present and future of women's rights.

It's a remembrance of the struggles and helps turn an eye to the future, identifying new goals in an ongoing process for equal opportunity. It also gives the Station a chance to step away from daily routines and celebrate those often taken for granted.

"This is your history. Everyone has benefited from women's history," said Staff Sgt. Nichole Jacobs, the Headquarters and Headquarters Squadron equal opportunity representative. "It's just history. I think that's one thing people don't look at."

Women's History Month is about acknowledging the ongoing struggle for equality in society as well as in the Marine Corps, said Jacobs.

"There are still a lot of stereotypes in the Marine Corps. Given the chance, women can do anything. It's been proven," said Jacobs. "As a female, I can see that we've come a long way. I look at my grandmother and my mother and their accomplishments. I've been

able to benefit from all of the struggle."

In addition, Women's History Month is about passing on to younger generations the stories of past hardships, and to learn from them and improve, said Staff Sgt. Curtis Delpesh, Marine Wing Support Squadron-272

material chief and equal opportunity representative.

"Women's History Month is a good inspiration for younger women, to see where they're coming from, where they're going and how they can make improvements,"

said Delpesh. "Women's rights, both civilian and Marine Corps, have improved drastically and have continued to improve."

According to the National Women's History Project, this year's Women's History Month theme is "Women Change America."

In 1978, the Education Task Force of the Sonoma County Commission on the Status of Women in California began a "Women's History Week" celebration. The week was chosen to coincide with the U.N.-sponsored "International Women's Day," which was first celebrated March 8, 1911 in Europe.

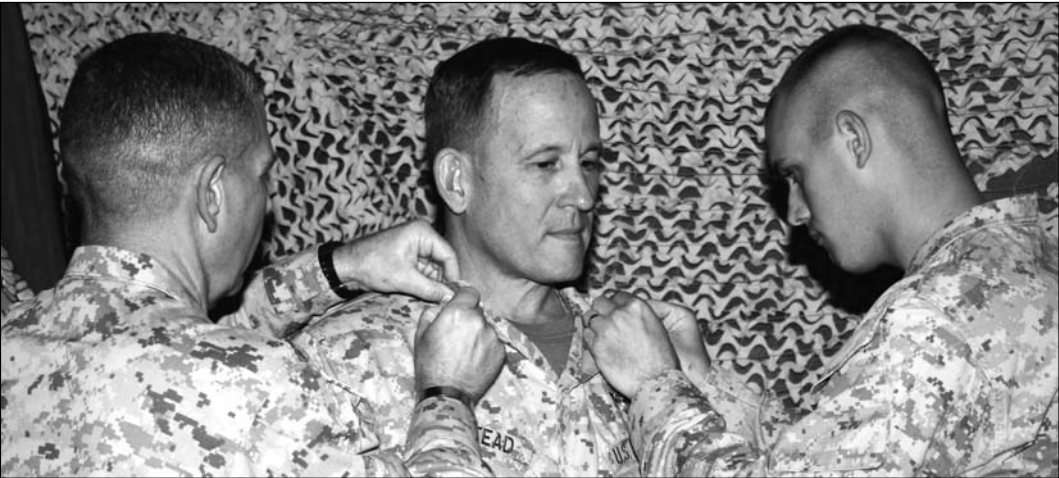
Three years later, the United States Congress passed a resolution establishing National Women's History Week, which was expanded to a month in 1987 at the request of the National Women's History Project. Every year since then the U.S. Congress has issued a resolution for Women's History Month.

For more information about Women's History Month please contact your unit's equal opportunity representative.

**"Given the chance, women can do anything. It's been proven."**

- Staff Sgt. Nichole Jacobs

# Milstead pins on first star in desert command



Sgt. Juan Vara

In the Al Asad Air Base Tactical Air Command Center, thousands of miles away from family and loved ones, Brig. Gen. Robert E. Milstead, 2nd Marine Aircraft Wing (Forward) commanding general, stands at attention as Maj. Gen. Thomas L. Moore Jr., 2nd MAW commanding general, and Pfc. Matthew B. Luna, a Marine Wing Headquarters Squadron-2 embarkation specialist, pin on his stars during his promotion ceremony Feb. 23. Milstead said he wanted to be surrounded by his Marines, because his family could not be present.

# MAG-29 gets field-grade instruction



Lance Cpl. Michael Angelo

Dr. Chris Harmon, international relations professor at the Marine Corps Command and Staff College, conducts a professional military education class for Marine Aircraft Group-29 field grade officers at the Station Officers Club on Feb. 4. The PME was titled "Insurgency and Counterinsurgency," and addressed information relating to current operations in Iraq.

# AMVETS is here to help

**Cpl. Jeffrey A. Everitt**  
correspondent

“Whether you stay in for four or 30, it’s still a temporary job; sooner or later, everyone in uniform becomes a veteran,” stated Stephen R. Smith, American Veterans national service officer.

AMVETS assists any member of the armed forces who is separating from the military and wants to file a claim for injuries received while on active duty.

In one recent year alone, AMVETS national service officers processed more than 24,000 claims that resulted in veterans receiving some \$400 million in compensation, according to the Web site, [www.amvets.org](http://www.amvets.org).

Smith has been on Station for a year and has been handling around 22 claims a month. For the months of October to December he had a combined total of \$302,665.00 recovered for the 47 people he assisted in leaving active duty.

A native of, Newport News, Va., Smith said AMVETS assists in shortening the time it takes servicemembers to get the benefits they are entitled.

Prior to 1995, a member of the armed forces had to already be separated from the military before they could begin to submit their claim.

“When I retired, the process took about 18 months, from start to finish in North Carolina,” said Smith. “Since this program started, my son was able to file his claim earlier and received it 45 days after he got out.”

“This is a good program because he has shortened the time it takes to process these applications and evaluations, and they are able to get in on the ground floor while the servicemember is still here,” said Ed Williams, Headquarters and Headquarters Squadron family counselor. “He gives (separating servicemembers) hope and educates them about the process.”

A person filing with AMVETS here only has to compete with servicemembers from Marine Corps Base, Camp Lejeune, MCAS Cherry Point and New River.

“Someone filing from their home state is put into a much larger pool that may include veterans claims from as far back as World War II,” emphasized Smith.

Servicemembers need to start

their claim 60 to 180 days before their end of active service so Smith can process the paperwork the Department of Veteran’s Affairs requires for a claim. Military members also need enough time to see their physician and go to any follow-up appointments the doctor may require.

Smith said the program is convenient for the servicemember because he can handle everything, except medical examinations, from his office. Otherwise servicemembers would find themselves making multiple trips.

An agreement between the DVA and the Department of

Defense was struck so that a military member at the end of his term can use military medical records to support claims, and also so an armed forces medical technician can conduct the required physical.

According to Smith, two physicals are needed before a servicemember’s claim can be processed. The DoD conducts one physical, and the other is handled by DVA.

“A Marine came in after his DoD physical to have his DVA physical conducted, and the DVA found hypertension and heart disease,” Smith said. “They were able to treat the condition, and his claim totaled 80 percent because the DVA was able to diagnose his problem.”

Servicemembers who need to react the fastest to file claims are those who are being medically discharged. According to Smith, normally these military members have a minimal amount of time before they leave active service.

Active military members getting out with a disability of 20 percent or higher may qualify for vocational rehabilitation. This program offers assistance in retraining and can provide up to 48 months of free education. Also, Smith said if a person has a disability of 30 percent or higher, they can receive additional compensation for each dependent.

This program is nonprofit and there is no charge to the servicemember. Those who qualify need to bring a copy of their health records and medical board papers to Smith to begin the claim. If they are married, they need a copy of their marriage license and birth certificates of any children they have.

Also, if the servicemember or their spouse is divorced, they need a copy of the divorce certificate.

For more information, call 449-6110.



Awards & Promotions

Headquarters and Headquarters Squadron

Promotions  
Sgt. M. J. Godoy  
Lance Cpl. B. M. Gale  
Lance Cpl. S. G. Hernandezotero  
Lance Cpl. K. A. Jackson

Navy Achievement Medal  
Gunnery Sgt. D. A. Rodgers  
Cpl. D. F. Masters

Marine Heavy Helicopter Squadron-461

Promotions  
Sgt. D. J. Berry  
Sgt. J. J. Kramersmeier  
Cpl. K. A. Mann  
Lance Cpl. C. A. Williams

Good Conduct Medal  
Sgt. T. R. Eldredge  
Cpl. J. L. Coningsby  
Cpl. H. R. Hoover  
Cpl. P. G. Maestas  
Cpl. M. J. Roberts  
Cpl. C. H. Strakerholder II  
Lance Cpl. J. M. Binkley  
Lance Cpl. C. T. Walrod

Letter of Appreciation  
Lance Cpl. J. J. Sayer

1,000 Hours of Safe Flight  
Saff Sgt. M. L. Grayson

Marine Wing Support Squadron-272

Promotions  
Cpl. J. W. Forston  
Cpl. J. W. Moore  
Cpl. J. Z. Plunkett  
Cpl. J. B. Schnadelbach

Cpl. J. M. Varela  
Lance Cpl. J. L. Battle Jr.  
Lance Cpl. J. D. Kilburn  
Lance Cpl. K. R. Lattwein  
Lance Cpl. S. A. Patrick  
Lance Cpl. J. B. Scruggs III  
Pfc. C. R. Oquin

Good Conduct Medal  
Staff Sgt. G. S. Ford  
Staff Sgt. H. D. Long  
Staff Sgt. C. A. Wilson  
Sgt. E. F. Calderon  
Sgt. J. C. Gurganus  
Sgt. A. D. Moody  
Cpl. W. E. Baird III  
Cpl. D. J. Gauthier  
Cpl. E. T. Harp  
Cpl. N. A. Magliocca  
Cpl. D. C. Nokes  
Cpl. J. M. Stephens  
Cpl. A. T. Tullos

Center for Naval Aviation Technical Training

Promotions  
Lance Cpl. D. M. Arnott  
Lance Cpl. T. E. Barfield  
Lance Cpl. N. A. Bogden  
Lance Cpl. C. A. Bradley  
Lance Cpl. J. N. Breen  
Lance Cpl. M. G. Cosarca  
Lance Cpl. C. A. Coyle  
Lance Cpl. A. Davis  
Lance Cpl. C. L. Duncan  
Lance Cpl. J. M. Fletcher  
Lance Cpl. A. Fontalvo  
Lance Cpl. P. J. Gonzalez  
Lance Cpl. S. M. Hart  
Lance Cpl. B. L. Hencratt  
Lance Cpl. R. A. Hopkins  
Lance Cpl. A. R. Jolliver

Lance Cpl. R. L. Jones  
Lance Cpl. Y. A. Long  
Lance Cpl. K. A. Maricle  
Lance Cpl. A. R. Prokopiak  
Lance Cpl. M. S. Rountree  
Lance Cpl. K. W. Sanders III  
Lance Cpl. A. D. Schwieman  
Lance Cpl. T. S. Stevenson  
Lance Cpl. J. A. Stinson  
Lance Cpl. D. T. Trujillo  
Lance Cpl. R. A. Williams  
Lance Cpl. L. J. Worth  
Pfc. O. Castaneda Jr.  
Pfc. J. W. Fanguy  
Pfc. J. A. Gilbertson  
Pfc. M. R. Gress  
Pfc. Z. T. Hall  
Pfc. A. J. Marquez  
Pfc. L. J. Menaramos  
Pfc. J. M. Morgan  
Pfc. J. E. Musick  
Pfc. J. K. Oliver  
Pfc. B. P. Ross

Marine Helicopter Training Squadron-302

Promotions  
Cpl. J. E. Baughman  
Lance Cpl. J. C. Buckley  
Lance Cpl. J. D. Lesousky  
Lance Cpl. J. S. Pair  
Pfc. N. M. Hutzler  
Pfc. M. R. Libman  
Pfc. J. Magana  
Pfc. S. A. Meyers  
Pfc. M. A. Tilden

Navy Achievement Medal  
Staff Sgt. F. Yournet  
Sgt. J. L. Gomez Jr.  
Sgt. R. E. McCaleb III  
Lance Cpl. A. B. Roman

Good Conduct Medal  
Cpl. M. J. Edwards  
Cpl. J. M. Smith

Certificate of Commendation  
Gunnery Sgt. T. W. Lucas  
Cpl. R. C. Ison

Letter of Appreciation  
Sgt. B. D. Wright  
Pfc. B. A. Horton  
Pfc. N. M. Hutzler

Marine Heavy Helicopter Squadron-266

Promotions  
Sgt. T. W. Collins  
Lance Cpl. J. M. Belanger  
Lance Cpl. S. T. Clair  
Lance Cpl. C. L. Jones

Navy Achievement Medal  
Staff Sgt. S. R. Croley

Air Medal  
Master Sgt. G. N. Colwell  
Gunnery Sgt. J. M. Crane  
Gunnery Sgt. I. Rasch  
Staff Sgt. S. S. Dix  
Staff Sgt. D. O. Flynn  
Staff Sgt. B. A. Milford  
Sgt. T. W. Collins  
Sgt. M. B. Finley  
Sgt. C. T. Malone  
Sgt. M. B. Thorton  
Sgt. J. S. Vaughn  
Cpl. D. L. Aukerman  
Cpl. P. D. Glowinski  
Cpl. K. K. Measaka  
Cpl. N. J. Pool  
Cpl. J. M. Sharek  
Cpl. T. P. Trotter  
Cpl. E. R. Woods

Arbor Day celebrations

The Onslow County Parks and Recreation Department, along with the North Carolina Forestry Service and Jacksonville area fire departments, are sponsoring an Arbor Day celebration March 18 at Jacksonville Mall. The event is being held from 10 a.m. to 5 p.m., and kids will get a chance to spend time with Smokey Bear and Sparky the Fire Dog. Free pine tree seedlings will be available and there will be lots of prizes awarded throughout the event.

Editors note: The following information was gathered from the Jacksonville Daily News. For more information, call the Parks and Recreation Department at 347-5332.

# Key Volunteers: A force of (family) readiness

**Lance Cpl. Michael Angelo**  
correspondent

If Marines have personal affairs holding them back from completely committing themselves to an upcoming deployment, unit readiness is jeopardized. The Key Volunteer Network tries to negate that risk, according to the official Key Volunteer Network Web site.

The Key Volunteer Network is an important part of maintaining family readiness and is the best link between commanding officers and the families of Marines.

“Each squadron has a Key Volunteer coordinator who has a direct line to the CO,” said Kelly Kline, installation volunteer coordinator from Kalamazoo, Mich. “The coordinators are

responsible for passing information to the other volunteers who then contact the families.”

Discretion is an essential ingredient for maintaining good communication.

Some of the qualities that volunteers should possess are good listening skills, respect of confidentiality, responsibility, dependability and dedication, according to the Station Web site.

In order to successfully fulfill the duties they are appointed, Key Volunteers must commit themselves to completing the training program.

“We train the volunteers here,” said Kline. “Each CO has to appoint his squadron’s volunteers in writing, but we like to train as many people that we can.”

The classes are approximately

eight hours long and are held at the Marine Corps Family Team Building Center. Childcare and food is provided for all night courses, said Kline.

These classes cover an array of topics that give the volunteers the skills needed to do their job.

Aside from all of the subjects covered in class, they also aim to enable their volunteers to perform any task which presents itself.

“We hope to empower people to know how to take care of situations that may arise so that they can do it on their own when their spouse is deployed,” said Kline.

According to Nicole Spaid, Marine Medium Helicopter Squadron-263 Key Volunteer coordinator from Jacksonville, N.C., the KVN does more than just equip

families with knowledge and contribute to overall readiness of the unit.

“We do a huge part to fight the rumor mill,” she said. “If the news is reporting that a helicopter went down, but doesn’t say which squadron it was, we help find out what’s going on and put some ease

to their minds.

“In a time where it seems every Marine will deploy I cannot stress the importance of the (Key Volunteer Network) enough.”

Any person wanting to become a volunteer can contact Kline at 449-5343, or their squadron family readiness officer, said Kline.

Basic Key Volunteer Training Schedule			
Saturday Classes		April 16	9 a.m.-4 p.m.
		June 18	9 a.m.-4 p.m.
Night Time Classes		March 16	6-9:30 p.m.
		17	6-9:30 p.m.
		May 18	6-9:30 p.m.
		19	6-9:30 p.m.

# Naval aviation; the long road to those gold wings

Cpl. Jeffrey A. Everitt  
correspondent

Many young people, at some point in their childhood want to fly, either as a pilot, crew chief or just wanting to be in an airplane; most of them hope to fly one day.

The Marine Corps has given some of these kids, now adults, that chance: the chance to be naval aviators. However, according to 1st Lt. Matthew S. Downs Marine Light/Attack Helicopter Squadron-167 UH-1N pilot, there are a few things they must do first.

"In order for a Marine to begin training as a student naval aviator or a student naval flight officer, they must: be a commissioned officer, have completed The Basic School, be medically qualified and have a minimum qualifying score on the Aviation Selection Test Battery," Downs said.

First Lt. David M. Elliot, Marine Heavy Helicopter Squadron-464, from Savannah, Ga., said the flight physical checks eyesight and hearing. They also give electrocardiogram or EKG and X-rays. All this is done by a flight surgeon at TBS.

Once an individual has gone through the qualifying stages, they are ready to begin two and a half (for helicopters and prop aircrafts) to three years of training (for jets).

"Flight training can be broken down into four major phases," the native of Albuquerque, N. M. said. "The first is Aviation Preflight Indoctrination, which is a six-week ground school at Naval Air Station Pensacola, Fla."

He said API covers the basic academics such as aerodynamics, weather, engines, flight rules and regulations and navigation. He also added that basic survival and physiology, swim qualifications, physical training, gear issue and a personal inspection are covered.

Lieutenant Cmdr. Matthew W. Rising, Marine Tiltrotor Test and Evaluation Squadron-22 projects officer, said during the

basic survival portion of the course, the trainee goes out for a week in the woods and learns how to make various shelters, and forage for various vegetation and meat, if they can catch a lizard, snake or rabbit.

He said they can even cook up lichen (moss). "They don't feed you too much, so it's really whatever you can find or go hungry," Rising said. "They also taught us basic land navigation so we didn't get lost while looking for food."

"It's a very basic survival training. It does not include any kind of aviation survival, like "helo dunker" training, or the "Dilbert" dunker (single-seat cockpit trainer that goes inverted underwater) or swimming survival. That's all covered separately," finished Rising.

Basically all of the six weeks is spent in a classroom, according to Elliot.

"You do a Physical Fitness Test and swim (qualification), but basically, every day is a classroom," said Elliot.

The second, or primary/intermediate phase, according to Downs, is conducted at NAS Whiting Field, Fla., or NAS Corpus Christi, Texas. He said there, trainees take more classes like the T-34C systems, more weather, instrument ground school and more flight rules and regulations. He said they fly the T-34C TurboMentor or "tormentor," as some call it, and they start progressing through familiarization, basic instruments, precision aerobatics, formation flight, radio instruments, visual navigation and airways navigation.

"The turbomentor is a single turbo prop with which they establish your basic skills on a fixed wing aircraft. Everyone does this, and the instructors are from all aspects of aviation," said Elliot.

Advanced training, or phase three, Downs said, is conducted at NAS Whiting Field, Fla., for helicopters; NAS Kingsville, Texas and NAS Meridian, Miss., for jets; and NAS Corpus Christi, Texas, for prop aircrafts.

"Here you learn more of the same, but progress into skill sets more specific to the type of aircraft you'll fly. The completion of advanced training earns you the Naval Aviator's wings," added Downs

The Flight Replacement Squadron, the last phase, is located at a different place for each aircraft, is where Downs said the newly appointed aviators, Navy or Marine, learn the specifics of the aircraft they will fly in the Fleet.

Downs closed by giving a piece of advice to anyone wishing to become a Naval Aviator.

"First, get your college degree, which will allow a person to get their commission, and also get a little flying time in so that they make sure this is what they want to do," he said.

First Lt. Lauchlin D. Byrd, a Port Charlotte, Fla., native and Marine Light/Attack Helicopter Squadron-167 Huey pilot, finishes his pre-flight check as he prepares for take off. All Marine Corps pilots, copilots and naval aviators must go through stringent evaluations before earning their flight wings.



Lance Cpl. Ezekiel R. Kitandwe  
(Above) Captain Adam W. McArthur, Marine Light/Attack Helicopter Squadron-167 Super Cobra pilot, and 1st Lt. Matthew S. Pawns, HMLA-167 gunner, secure a AH-1N Super Cobra after a recent flight operation. (Below) McArthur closes the hatch of the Super Cobra as he prepares to go on a flight operation.



Lance Cpl. Ezekiel R. Kitandwe



Lance Cpl. Ezekiel R. Kitandwe

## EOD looks for a few good Marines

Lance Cpl. Jeffrey A. Cosola  
correspondent

**WANTED:** Qualified sergeants, corporals and lance corporals to locate, identify, render safe and dispose of explosives and explosive devices that present a threat to installations and personnel. The job requires maturity and a tolerance for exciting and challenging work.

The Explosive Ordnance Disposal program, military occupational specialty designation of EOD technician, is looking for Marines from lance corporal to sergeant to fill their current MOS ranks. Marines are needed for lateral moves into an occupational field that offers the opportunity to participate in a variety of "out of the ordinary" missions, said Master Sgt. Richard Harrington, an EOD team member here and Denver native.

See *EOD* on page 10



Gunnery Sgt. Tony N. Aldredge

The Explosive Ordnance Disposal team performs a grade-three disposal by destroying unserviceable ammunition north of Al Asad air-base, Iraq.





Sgt. Andrew W. Miller

Flying Cross from page 3

the midst of a built-up alley area in order to evacuate casualties.

He would do the same again. Twice through direct small-arms and anti-aircraft fire, he led his section through harm's way to extract casualties. Early the next morning, his section was called upon again to help extract casualties, and he led his section into a heavily contested area while escort aircraft suppressed enemy small-arms fire.

Over a 24-hour period, Garcia flew 16.7 hours, led the section in the evacuation of 23 casualties and five enemy prisoners of war and flew bravely into four contested landing zones, stated the citation.

Garcia's bravery and leadership in a high threat environment saved the lives of critically injured Marines.

However, through it all, Garcia was humble while receiving this honor.

"This happened during the first days of the war, so I had no idea what to expect," said Garcia, a Las Cruces, N.M., native. "The thing I am most proud of is that we were all just doing our jobs and by that, we were able to get those Marines home safe."

Others who were on board with Garcia weren't shy when describing the experience under his charge.

"Whether he's flying any type of aircraft, driving a car or riding a bike, I would be with him as a 'pack' any day," explained Petty Officer 3rd Class Moses V. Gloria, native of Fort Washington, Md. "Myself and the other corpsmen who flew with him used to play 'paper, rock and scissors' to figure out which one of us would get to fly with him

**Lieutenant Gen. James F. Amos, II MEF commanding general, speaks with Maj. Eric Garcia, wife Bonnie and son Kyle on March 1. Garcia was awarded the Distinguished Flying Cross for his heroism and extraordinary achievements in Iraq.**

after that day."

Gloria went on to say that he meant no disrespect to any other pilots, but he had flown in both Afghanistan and Iraq for casualty evacuation operations, and Garcia is hands down the best at what he does: getting the crews in close and then back home safely again.

Distinguished Flying Cross Criteria

The Distinguished Flying Cross is awarded to any person who, while serving in any capacity with the Armed Forces of the United States, distinguishes himself by heroism or extraordinary achievement while participating in aerial flight. The performance of the act of heroism must be evidenced by voluntary action above and beyond the call of duty.

*Editor's note: This information was obtained from <http://www.gruntsmilitary.com/dfc.shtml>*

EOD from page 8

"Every day is different," said Harrington. "They could call us up today, and we could go out and do a Secret Service operation. There is never a boring day with EOD."

"I like all aspects of the job," said Gunnery Sgt. Tony N. Aldredge, Station EOD staff noncommissioned officer-in-charge and Riverdale, Ga., native. "There is a lot of responsibility. It's fun to get out there and blow stuff up and make noise, cause some hate and destruction."

Some of the missions EOD carries out include sweeping ordnance ranges, disposal of improvised explosive devices in theater and acting as a local bomb squad for community police forces, said Aldredge.

"There is always another aspect to our MOS that you can take advantage of, and you will never be bored," said Aldredge. "The EOD provides services for seven counties in the surrounding area, not only for IED's but for military ordnance. Every call you go on or whatever case it might be, there is always something different."

In addition to local training and missions, EOD features a high-deployment tempo and is often attached to non-traditional overseas operations, said Aldredge. Explosive ordnance disposal Marines are assigned to Joint Task Force/Full Accounting, an operation that recovers missing-in-action personnel in locations such as Korea, Vietnam, Laos, and Cambodia. Marines of the EOD are in place to dispose of ordnance that may be present during recovery actions, added Aldredge.

Due to the complex nature of the job field, EOD training consists of a six-month, multi-service school at Eglin Air Force Base, Fla., said Aldredge.

"Initially, they teach about explosive properties and the principles behind how explosives work," said Aldredge. "Then they go into how to use the tools that we have. After that they go into the ordnance. They start off with ground



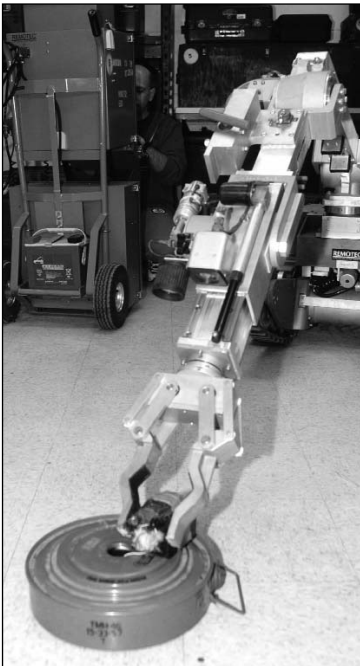
Gunnery Sgt. Tony N. Aldredge

ordnance then move onto air ordnance, which is split into aircraft related hazards and aircraft weapons."

From there, EOD Marines are instructed in IED and nuclear weapons, said Aldredge. Once Marines have graduated the school and train with their units, they take part in rendering inert or disabling live ordnance. EOD Marines take a lot of pride in being the only branch of service to inert live ordnance rather than plastic train with plastic training aids, said Aldredge.

Marines interested in joining EOD must have a GT of 110 or higher (no waiver), cannot be color blind, cannot be claustrophobic and must be interviewed by an EOD officer or staff noncommissioned officer. Other qualifications apply.

For more information or to set-up interviews, contact MCAS New River EOD Team at (910) 449-6535.



Lance Cpl. Brandon M. Gale

(Above) An "ANDROS" robot is seen here picking up an improvised explosive device Feb. 28. The IED was recovered in Iraq and is here for training purposes. (Left) An explosive ordnance disposal team destroys an IED found on a roadside, 18 kilometers from Al Asad Air Base, Iraq.

## Buyers beware of scandalous sellers

**Sgt. Andrew W. Miller**  
correspondent

A young Marine, in desperate need of a vehicle, walks into a local auto dealership one day, not knowing of two facts that a salesman may use to his advantage: she is a female, and she is approximately eight months pregnant.

As he watched her come through the doors, the salesman quickly lured her to his desk to get important information, such as what kind of car she had picked out, and more importantly for him, how much money she had for a down payment.

The Marine gave the salesman all she could afford at the time, only a few hundred bucks, but she noticed something unusual.

The salesman had slipped the money into his pocket with no intention of giving her a receipt, but he had undercalculated the alertness of the young lady. When she questioned him about it, he didn't seem to know what she was talking about.

This example is based on a true scenario of a recent misfortune at one of the local auto dealerships in Jacksonville. The soon-to-be mother took her complaint to the Jacksonville Police Department, who in turn, visited the gentleman in question.

However, for young impressionable Marines, these occurrences happen every-day by unscrupulous people just waiting to take servicemembers hard-earned money.

Car dealerships are not the only places where people tend to be "taken for a ride."

"There are a million different scams out there," said Capt. Sunny M. Montas, Station Joint Law Center legal assistance officer-in-charge and native of Union, N.J.

What she is referring to is the numerous credit repair businesses, payday lenders and debt adjusters here.

"If someone feels like they have been a victim of one of these consumer credit scams, I could help them, and if not, at least send them in the right direction," she said. "All it takes is to call me on a Monday so that I can set up an appointment to meet with them the following week."

The Joint Law Center is not the only resource available for victims to "settle the score" with the perpetrators.

Other options open to consumers are to write a letter to the editor of the local newspaper, write a letter to their congressman, and probably more obviously, visit the police department to file a report.

Another readily available resource could be the Better Business Bureau of Eastern North Carolina.

According to the BBB Website, it promotes integrity, consumer confidence and business ethics through business self-regulation in the local market place.

Services provided by the BBB include a 24-hour automated telephone inquiry service, which provides reports on companies and charitable organizations, general monitoring of advertising in the marketplace, dispute resolution services, and consumer/business education programs.

To file a complaint, simply go to [www.bbbonline.org](http://www.bbbonline.org) and click on "file a complaint."

Marines should also remember that their sergeants major and commanding officers are resources for them to talk to, and hopefully, this will help other Marines as well.

The sergeants major have the power and authority to build and enforce the Station "Off-limits" lists for the commanding officer.

If a business is found to be harmful to our own, it could be placed on this "black-list."

Marines are trained to be some of the smartest warfighting machines in the world when placed on the battlefield. These wits should remain intact when dealing with any local business where money is involved, and the situation seems unclear.

However, the options available are endless if one finds they have been the victim of a scam.

*Editor's note: Photo by contributor.*



## RotoView

*Why do Station Marines need to donate to the Navy-Marine Corps Relief Society?*



**"I think it's important because you never know when you will need them. They helped me get from Japan to the United States when my wife had surgery."**

Lance Cpl. David L. Carpenter  
School of Infantry,  
motor transport operator,  
Syracuse, Ind.

**"It's a good program. They've helped a few people that I know of."**

Lance Cpl. Michael P. Long  
Marine Medium Helicopter Squadron-263 (reinforced),  
aviation operations clerk,  
Keyser, W.Va.

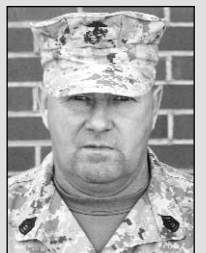


**"It's real important. Some people might need help, and sometimes they can't do it themselves."**

Lance Cpl. Oniyide W. Francis  
School of Infantry,  
administrative clerk,  
Bronx, N.Y.

**"It's a good example of how we help each other. We take care of our own."**

Gunnery Sgt. Scott A. Eastman  
School of Infantry,  
academics chief,  
San Clemente, Calif.



# Book review: “The Camera at War”

Cpl. Steven R. Sawyer  
correspondent

“A picture is worth a thousand words.”

In my limited experience with photography and newspapers, I’ve found this well-known quote to be very true. One photo can show a reader more about the subject than a writer could hope to describe. And this same idea is what made me pick up the book, “The Camera at War,” by Jorge Lewinski.

Sure, I may have been more prone to notice it due to my military occupational specialty, but there was something else about the book which drew me to it. Maybe it was the line under the bolded headline, “A history of war photography from 1848 to the present day.”

Reading through it, I immediately realized that this book wasn’t going to ignore the ghastly side of what war is about. On the introductory page alone, there is a photo of a young Vietnamese woman severely burned by napalm and covered in bandages.

This image stuck with me through the rest of the book, as many of the black and white photos were just as graphic and heart wrenching. From soldiers lying prostrate in the “no-man’s land” of World War I trench fighting to a Marine standing above the body of his friend in Vietnam, it seems that no punches were held.

The photography is a collection of artists, with most images coming from the Vietnam era. However, the historical content, explaining how cameras were first employed in 1848 to recent uses by media and for propaganda is very in-depth.

The book is a little out of date, released in 1978, and thus has no photos from recent engagements and conflicts, but it is informative nonetheless.

My other complaint is with the writer’s viewpoint against war, putting a lot of emphasis on it’s “darker side.” This goes against my own beliefs that, though war can be brutal and costly, sometimes it is necessary.

“The Camera at War” can be found at the Station Library if you’d like to check it out for yourself. I’d would suggest picking up the book for no other reason than the simple and compelling photography, but if you do want to learn more about how cameras have been used in past wars, feel free to dig in.

## Center helps Marines find jobs

**Lance Cpl. Brandon M. Gale**  
correspondent

“The best time to find a job is when you already have one,” said Gerry Malpass, career resource program manager for the Marine Family Service Center here.

The Career Resource Management Center helps service-members separating or retiring from active duty find jobs that are financially and mentally rewarding. The center offers a job referral program, resume preparation, counseling sessions and skills assessments.

Malpass said that military members possess intangible qualities that many employers find enticing.

They have a good sense of integrity and a good, established work ethic, said Malpass.

“They can take direction and get the job done with little or no supervision],” he said.

Employers value servicemembers because they are educated, dependable and have good communication skills, said John Matson, the North Carolina Employment Security Commission local veteran’s programs supervisor.

“We help them with all aspects of their job search,” said Malpass. “We streamline everything to where it’s like a one-stop shop. We make them aware of the resources available to them.”

One of these resources is the career resource library. The library offers information on businesses that are interested in hiring Marines. There are also computers available to do job searches, aptitude tests and financial planning.

Resume preparation is another helpful service. The center can help highlight an individual’s skills, said Evelyn M. LaBonte, CRMC computer support analyst.

“Marines are used to going from point A to point B and being given an assignment,” said Malpass. “We help them look at the skills they’ve acquired and sell themselves in the interview process.”

If servicemembers want to continue working in the aviation community or in the transportation field, they must ensure they have the proper civilian certifications and licenses required, said Malpass.

The feedback he’s received from employers has also been positive.

“The civilian employment sector said ‘these are some of the best team players they could get,’” said Malpass.

The office is located in the Marine Family Service Center. It is open Monday through Friday 8:00 a.m. to 4:30 p.m. For more information, call 449-6110.

## Donate to the Navy Marine Corps Relief Society

Give something back and invest in the future of the Marine Corps.  
Call Sandi Isherwood at 449-6431 for more information.



# Crew chiefs do their part to keep helos in flying shape



Schamel inspects the rotor components of the Super Stallion for surface damage.

## Working late to make it safe

Story and photos by  
Sgt. Andrew W. Miller  
correspondent

Marine Corps Air Station New River is home to several of the Corps' finest rotor wing aircraft squadrons. For these war-fighting masterpieces of destruction to stay in top performance condition, they must have highly qualified individuals standing ready at a moments notice to tend to their needs.

Crew chiefs here are responsible for knowing anything and everything about their respective helicopters, and due to the complex nature of the aircraft as listed on [www.newriver.usmc.mil](http://www.newriver.usmc.mil), it's not always an easy job to give them the tender loving care they need after a long day's work.

"We have to know about everything, from the tires (or skids) all the way up to the rotor blades," said Staff Sgt. Howard L. Schamel, CH-53E Super Stallion crew chief from Dayton, Ohio.

The crew chiefs work long hours to ensure their aircraft are ready to fly, however, at the close of the day they are the last ones out, checking and double-checking for anything that might have occurred during the flight.

"At the end of the day, we do what is called a turn-around inspection," said Staff

Sgt. Shawn M. Carter, MV-22 Osprey crew chief and native of Monticello, Ind. "We look at all the major components, make minor repairs, check the fluids and inspect for cracks. If you use the inspection for what it is for, you will alleviate any problems that could occur during flight the next day."

Any major discrepancies that require work orders are handled by the airframes mechanics.

"It is not unusual for us to finish up three to four hours after the pilots have already gone home," said Schamel. "And that's just to get (the helicopters) ready for the next day's work. Occasionally, we even take the helicopters to the wash racks ourselves."

However, in the long run, the hours of detailed inspections by the crew chief don't go unnoticed.

"Pilots have total faith in the work and professionalism of the crew chief," said Carter. "They take our word for it and know that the aircraft has been properly inspected."

The days are long, the inspections are tedious and some details are almost microscopic, but when the missions are over, the crew chief stands alone still caring for the health and well-being of his helicopter; the resemblance almost nearing that of a Marine and his rifle.



(Above) Staff Sgt. Howard Schamel, CH-53E Super Stallion crew chief from Dayton, Ohio, begins his visual inspection of the helicopter starting with the entire length of the rotor blades, Feb. 25. This is one of the post-flight tasks that Schamel and other crew chiefs here and across the Marine Corps perform to ensure helicopters are in top condition for each and every flight.



(Left) Schamel opens the engine housing of one of the Super Stallion's three General Electric T64-GE-416 turboshaft engines to better inspect internal components and make minor repairs. The CH-53E Super Stallion is designed to fly with two engines, as the CH-53D does, or a single engine in case of a dual engine failure.



(Clockwise) Schamel inspects the Super Stallion for any damage that may have been previously overlooked or occurred during recent flights. He makes minor repairs, checks vital fluid levels and determines what should be addressed by maintenance teams the next day. The inspection process is intended to be a proactive measure against possible accidents and allows the crew chief to remain intimately familiar with the aircraft.



Crew chiefs must know their aircraft inside and out and oftentimes go through similar training as pilots and mechanics to have a more intimate knowledge of the helicopters.

At right are a list of the Station's combat aircraft and some general specifications which all crew chiefs must know.



### AH1-W Super Cobra

Power plant: Two General Electric T700-GE-401 engines

Length: 58 feet

Height: 13.7 feet

Rotor Diameter: 48 feet

Replacement Cost: \$10.7 million



### CH-46E Sea Knight

Power plant: Two General Electric E-T58-16 engines

Rotors unfolded: 84.4 feet

Rotors unfolded: 51 feet

Height: 16.8 feet

Replacement Cost: Will be replaced by the Osprey.



### UH-1N Huey

Power plant: Pratt and Whitney T400-CP-400

Length: 57.3 feet

Height: 14.9 feet

Rotor Diameter: 48 feet

Replacement Cost: \$4.7 million



### CH-53E Super Stallion

Power plant: Three General Electric T64-GE-416 turboshaft engines

Length: 99.5 feet

Height: 28.4 feet

Rotor diameter: 79 feet

Replacement Cost: \$26.1 million



### MV-22 Osprey

Spread: Length 63 feet

Width: 84.7 feet

Height: 22.1 feet

Replacement Cost: \$40.1 million



# Wives Ball: First in history, not the last

**Lance Cpl. Michael Angelo**  
correspondent

While the "Thunder Chickens" of Marine Medium Helicopter Squadron-263 were deployed to Iraq from June to February, they participated in history-making events. However, their wives here on the home front made some history for themselves.

According to the January issue of Leatherneck Magazine, the ladies hosted the Marine Corps first ever spouses of deployed Marines Marine Corps Ball, which became widely known as the "chicks-only ball."

"I just wanted these ladies to love the Corps as much as their men do," said Whitney D. Jezek-Power, Ball organizer and wife of HMM-263 executive officer, Lt. Col. Paul G. Power.

According to Jezek-Power, the women wanted the event to be open to all of the squadron's wives, regardless of rank.

"We provided everything they needed to attend," she said. "There was nothing they had to do in order to come except RSVP."

The spouses were able to procure dresses, childcare, dinner, photographs and etched crystal cubes as ball mementoes – all on the \$5,600 they raised from military-friendly, Jacksonville-based businesses, said Jezek-Power.

They stretched every penny, said Jezek Powers. The remaining 14 cents was donated to the squadron homecoming fund.

Among the Jacksonville-based companies that assisted, retired Marine Aircraft Group-26 Sergeant Major Ihor Sywanyk, volunteered his club, Sywanyks Scarlet and Gold Traditions, for the event.

"The ball was on a Sunday, and we are closed on Sundays," he said. "But we let them host it here. I think me and the (disc jockey) were the only two men there."

The ball followed all traditions of a typical Marine Corps Ball, said Sywanyk.

"They had female Marines volunteer to be the color guard," he said. "They had the passing of the first piece of cake. They followed all the traditions."

Jezek-Powers said she contacted HMM-263 Commanding Officer, Lt. Col. Roy A. Osborn, prior to the Ball and asked him to act as their commandant by reading his birthday message on camera.

"The guys made a video, and Lt. Col. Osborn acted as our commandant," she said. "The video they made had all of our guys in it, and we all watched it together."

**Wives of Marine Medium Helicopter Squadron-263 personnel exchange the first piece of birthday cake at the first spouses-of-deployed-Marines Marine Corps Ball on Nov. 7. The ball was made possible by the contributions of many Jacksonville-based, military-friendly companies who donated about \$5,600 to assist with the event.**

They received a lot of support from the Marines and the community, said Sywanyk.

"I even got a letter from the commandant, Gen. (Michael W.) Hagee," said Jezek-Powers.

According to Sywanyk, the event was a success.

"They loved it," he said. "The community and Marines supported it, and the ladies said wonderful things about the experience. It was the first time ever this had been done. I'm sure we will see a lot more of these in the future."



John Hoellwarth, Leatherneck Magazine

## 'Till you come home,' USO is there to help

**Cpl. Steven R. Sawyer**  
correspondent

As Marines and Sailors here deploy for Operation Iraqi Freedom 04-06, the United Services Organization has stepped up in an effort to make the trip more bearable.

"Our primary mission here at the USO is to be the home-away-from-home for the armed forces and their families," said USO President Judy Pritchford. "A large part of our programs are outreach programs, 'Operation Care Package' being one of the most in-demand items."

According to Paula T. Joy, USO executive assistant and Toledo, Ohio, native, Operation Care Package is a program hosted by USO Metro of Washington D.C., which collects care packages donated to the organization from various corporations and then disperses them among various local USOs for distribution to servicemembers.

"The results of OCP are immediate. When a total stranger hands the servicemember a bag full of goodies and tells them to be safe and that we're praying for you, they respond," said Pritchford, who hails from Chicago.

Sometimes the outcomes are very emotional, from tears to random hugs. Deployment isn't an easy time for the servicemembers, said Pritchford.

The "bags full of goodies" that

Marines and Sailors receive as they board the bus or aircraft to deploy are the result of a combined effort of the USO and several corporations across the globe.

According to Joy, these bags consist primarily of hygiene and snack items. They often-times include books or compact discs to entertain the servicemember on the long trip, as well as calling cards and disposable cameras, which are the most requested items of deployed servicemembers.

Pritchford states that caring for servicemembers doesn't stop once they board the bus.

"Once deployed, the USO also sends community sponsored care packages out to the commands," said Pritchford. "We put them together here and send them out ourselves, just to let them know that we haven't forgotten about them and that we're taking care of them and their families."

"We had what we call a 'stuffing party' not too long ago in Charlotte, N.C.," said Joy. "That's where a lot of USO employees and civilian vol-



Cpl. Steven R. Sawyer

**A volunteer with the local United Services Organization distributes packages to the Marines and Sailors of Marine Aviation Logistics Squadron-26 as a part of Operation Care Package Feb. 16. The care packages include snack food, hygiene items and books or CD's for entertainment. Operation Care Package is just one of several services offered to active duty servicemembers by the USO.**

unteers get together and put together all the care packages we've collected from the community through donations and other programs."

Another program the USO is adamant about, according to Pritchford, is the "Wounded Warrior Program."

"The Wounded Warrior Program was founded because our combat wounded were coming back to the United States and weren't able to get into their personal effects because they had been locked in with unit storage in the Traffic Management

Offices," said Pritchford. "Now the unit officer can call us, tell us of the situation, and we will take the servicemember shopping in order to find what they need."

According to Joy, the program is offered to recipients of a Purple Heart or those wounded by friendly fire.

"Anything that the military can't do for them, we can," she said. "We've taken them shopping for clothes and hygiene gear, and we've made sure their children were taken care of if they were unable to.

We try to do as much as we can."

"Primarily when we see the need, we try to figure out how to fix it," said Pritchford.

Another service offered by the USO is the "Rack Pack" program.

"The Rack Packs are for single Marines and Sailors coming home to the barracks from a recent deployment," said Joy. "It's just a goodie bag placed on a servicemembers rack, including basic hygiene items, for when they arrive. Just enough to say 'welcome home.'"

All these services are part of

their outreach program, said Pritchford. The USO still offers many in-house programs for active duty servicemembers that are unmatched by other organizations.

"We have all of our facilities open free to active duty servicemembers for whenever they need them," said Joy. "And on top of that, we are an authorized stop for those in utilities."

This means that active duty servicemembers may stop at the USO during the day, as in a lunch break or on their way home, and are authorized to be in utilities, according to Joy.

The facility is also open for unit events, she said, as long as a unit point of contact calls the USO to set aside a room prior to the event. As with nearly all of the USO services, it is free to active duty personnel.

"We're here to support you until you come home," concluded Pritchford. "And we don't stop even then."

*Editor's note: According to [www.uso.org](http://www.uso.org), the USO is chartered by Congress as a nonprofit, charitable corporation. It is not a part of the U.S. Government or any branch of the armed forces and is supplied only by donations from individuals, organizations, corporations and programs. The USO is endorsed by the President of the United States and the Department of Defense.*

## Marines tutor future generations at Delalio

**Pfc. Jonathan A. Tabb**  
correspondent

Six Marines volunteered to help DeLalio Elementary School first graders with their reading skills Feb. 11.

The volunteer program was organized through the Single Marine Program and Elizabeth M. Sweeney, SMP coordinator.

According to Carol J. Batchelor, DeLalio principal, volunteers are very helpful, especially in a time when so many parents are either deployed or preparing to deploy.

"Extra hands have been hard to come by," she said.

However, the Marines jumped at the opportunity to help the children.

"They were excited," said Sweeney about the Marines who volunteered. "It's a big deal, getting to work with children."

Lance Cpl. Julissa J. Hernandez, Marine Aviation Logistics Squadron-29 aviation systems technician, was one of the Marines who volunteered her time.

"I have to say, they're pretty advanced

for first graders," she said. "They catch on quickly."

Hernandez said she believes good teachers and good learning tools are the key to children's success.

"Overall I am very impressed with the school. I see a wide variety of ethnic backgrounds, and I think that really helps the children to understand culture," she said.

Another volunteer, Lance Cpl. Charles L. Shamwell, Marine Light/Attack Helicopter Squadron-167 intelligence specialist, said he heard about the program because he is the HML/A-167 SMP representative.

"When I got the e-mail, I practically jumped at the opportunity," he said.

Shamwell, who has had plenty of experience with children from teaching English to Okinawa children in Japan to volunteering in schools in his hometown, said he noticed a big difference between the DeLalio students and the students he's used to working with.

"They are so advanced," he said, "espe-

cially compared to the inner-city youth in (Washington D.C.). These kids have a great advantage."

Shamwell said he believes most people who join the Marine Corps do so to help make changes, no matter how minor, in today's world.

"You don't have to be on the front lines to make a difference. You can create a spark in a child, and that could be why he or she goes on to do great things. All because of you," Shamwell explained. "The Marine Corps can provide great opportunities to help make changes in today's society."

For information about volunteering at DeLalio, contact Sweeney at 449-6528 or e-mail [sweeneyem@usmc-mccs.org](mailto:sweeneyem@usmc-mccs.org).

**Lance Cpl. Charles L. Shamwell, Marine Light/Attack Helicopter Squadron-167 intelligence specialist, helps first grader Avery Loney read a book during his tutoring session at DeLalio Elementary School Feb. 11. The event was organized by the Single Marine Program.**



Pfc. Jonathan A. Tabb



## MARCH 12TH YOUTH EASTER EXTRAVAGANZA



MCAS Youth Community Center, Agan Street

(3) Easter Eggs Hunts

Time: 1330 ~ ages: 2-4

1430 ~ ages: 5-8

1500 ~ ages: 9-12

Easter Bunny, Chopper,  
Dare Car, Karaoke,  
Face Painting, Moonwalkers  
Craft Table, Skating,  
Prizes & Refreshments



Sponsored by:  
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Details  
call 449-6110/6711

# John Gunn's military sports highlights

## N.Y. Times: 'A football Giant was a hero at Iwo Jima'

They began storming ashore on an eight-square-mile speck of volcanic ash in the Pacific 60 years ago.

Saturday: 75,000 Marines ordered to seize the island of Iwo Jima from some 21,000 Japanese soldiers dug into caves and tunnels and prepared to fight to the last man.

At the landing sector Red Beach 2, 1st Lt. Jack Lummus of the 27th Marines, 5th Marine Division, experienced combat for the first time in those opening hours of a storied chapter in Marine Corps history.

In the autumn of 1941, Lummus wore the uniform of the football N.Y. Giants, No. 29, a 6-feet-3inch, 200-pound rookie playing end on offense and defense.

"We had three or four real excellent ends, and he was one of them," Marine veteran George Franck, a wing-back and fellow rookie on that Giants team, recalled from his home in Rock Island, Ill. "He acted real sure of himself, but he could do everything he said he could. He acted like a typical Texan, a swashbuckling cowboy kind of guy."

Soon after the Giants lost to the Chicago Bears in the 1941 National Football League championship game, Lummus went home to Ennis, Texas, then enlisted in the Marines.

On March 8, 1945, 13 days after the flag-raising on Mount Suribachi created an enduring image of embattled Americans, Lummus was leading his rifle platoon toward the northern coast of Iwo Jima. He had been fighting without rest for 48 hours.

When the advance stalled, Lummus charged ahead of his men and stormed the Japanese positions alone. He was knocked down by the explosion of a hand grenade, but he moved forward once more, firing into a Japanese emplacement and destroying it.

He was hit by another grenade, sustaining a shoulder wound. He rose again, killed the defenders in a second Japanese outpost and implored his men to follow him as he continued to fire.

Then came a fearsome blast, and when his fellow Marines reached Lummus, they found him on the ground, both legs blown away by a land mine. Inspired and enraged, the Marines swept ahead and reached their coastal objective.

Lummus was carried to a field hospital and remained conscious for several hours.

"I guess the New York Giants have lost the services of a damn good end," he told one of his surgeons, Lt. E. Graham Evans, according to an account by Bill D. Ross,

a combat correspondent, in "Iwo Jima: Legacy of Valor."

He died that day at age 29.

The Marines captured Iwo Jima in a 36-day battle that cost the lives of nearly 7,000 Americans and some 20,000 Japanese. The campaign secured airfields for fighter planes and for crippled bombers returning from missions over Japan in the final months of World War II.

For having "inspired his stouthearted Marines to continue the relentless drive northward," as the citation put it, Lummus received the Medal of Honor, the nation's highest award for valor. It was presented to his mother, Laura Lummus, in Ennis, Texas, on Memorial Day 1946.

Twenty-three former NFL figures died in military service during World War II, according to the Pro Football Hall of Fame. Marine officers Jack Chevigny, a Notre Dame back and head coach of the Chicago Cardinals, and Howard Johnson, nicknamed Smiley, a guard for the Green Bay Packers, were also killed on Iwo Jima.

Franck, an All-America tailback at Minnesota before joining the Giants and a member of the College Football Hall of Fame, became a Marine fighter pilot and took part in the Iwo Jima campaign, developing guidance procedures for air strikes. He shared a foxhole with Chevigny on the first day of the invasion and, as he remembered it: "I was getting a little antsy. I said, 'I got to get out of here.' I moved away into another foxhole. That was 15 minutes before a bomb hit him and broke him apart."

The Giants unveiled plaques honoring Lummus and Al Blozis, their star tackle killed in France early in 1945, in a ceremony at their Polo Grounds home in December 1945.

Lummus' Medal of Honor is permanently displayed at Baylor's Floyd Casey Stadium, and Baylor scheduled a moment of silence in Lummus' memory Saturday night before its' basketball game against Texas.

Last month, the military cargo ship, christened 1st Lt. Jack Lummus, delivered food, medical supplies and fresh water to victims of the tsunami on the Maldives island chain in the Indian Ocean. It was a life-giving mission whose bearer evoked memories of so many lives lost on an island in the Pacific so long ago.

*Editors Note: Gunn is a member of the Marine Corps Combat Correspondent Assn., Marine Corps Intelligence Assn., Marine Corps Aviation Assn., Marine Corps Heritage Foundation and Naval Aviation Museum.*

# Food for thought:

## Is tuna good for an active duty Marine?

**Christopher Halagarda**  
contributor

Eating fish is a great way to get protein and most of all, to get Omega-3 fatty acids into your diet.

According to the American Heart Association, these fatty acids decrease blood pressure, artery-clogging plaque, triglyceride levels and the risk of arrhythmia, which can lead to heart attacks.

Unfortunately, too much fish can be bad. Methyl mercury levels in fish are a big concern for many people, especially children, pregnant women, nursing women and women of childbearing age.

According to FDA toxicologist Mike Bolger, PH.D, degassing from the Earth's crust and oceans release 2,700 to 6,000 tons of mercury into the atmosphere naturally. We release another 2,000 to 3,000 tons annually into the atmosphere.

Humans produce mercury from burning household and industrial waste. Fossil fuels such as coal also produce a lot of mercury vapors. This mercury goes into the environment, land and water, mixes with bacteria and becomes methyl mercury, which is much more toxic than mercury.

Unfortunately, cooking does not reduce methyl mercury levels significantly.

So how can people go about reaping the benefit of fish without getting sick?

Healthy males should consume fish and not avoid it. Fish consumption has been shown to reduce and prevent diseases, especially America's number one killer: heart disease.

Males should limit fish consumption to 6-12 ounces of fish per week.

Pregnant women, nursing women and women of childbearing age should be more conservative than men and should avoid shark, swordfish, tilefish, king mackerel and albacore tuna steaks.

As per the Food and Drug Administration, those who are pregnant, trying to become pregnant, not preventing pregnancy, or nursing mothers, should limit "low" mercury fish consumption to no more than two servings per week or no more than 6 ounces per week.

Some "low" mercury fish choices are light tuna (canned), salmon, pollack, catfish, and shrimp.

For individuals who have fish allergies, are vegetarians or just do not want to take a chance on

mercury, there are some alternatives to fish that will allow the benefits of Omega-3 fatty acids.

Flax oil (linseed oil) is one of the richest natural sources. Flax seeds are also loaded with Omega-3, but need to be consumed in the ground form because our body cannot digest the flaxseed coating.

Hemp oil, rapeseed oil (canola oil), pumpkin seeds and walnuts also have Omega-3 fatty acids, but not as much as the flax products.

Dark green vegetables like seaweed, broccoli, spinach, kale spring greens, dark salad leaves, cabbage, brussels sprouts and parsley are a good source of Omega-3 essential fatty acids if eaten regularly.

There are also many different types of fish oil supplements that can provide Omega-3 fatty acids. It is also recommended to choose a fish oil supplement which ensures that there is no mercury in their product.

Always be wary of supplements, though. The FDA does not regulate supplements and supplement companies can make false claims about their products.

Although fish consumption and mercury may be confusing and discourage you from eating fish, many health experts advise that it can be more dangerous to not consume fish (Omega-3 fatty acids) then to over consume fish.

Speak to a physician about fish intake or supplement use. They will be able to advise options much more accurately.

For more information on fish consumption specific to North Carolina go to <http://www.epi.state.nc.us/epi/fish/>.

# CNATT practices safe MCMAP techniques



Lance Cpl. Brandon M. Gale

**Sergeant Nicholas J. Bonifas and Staff Sgt. Joshua J. Hargrove, Center for Naval Aviation Technical Training avionics instructors, utilize Marine Corps Martial Arts Program techniques here March 1. Bonifas and Hargrove are practicing the techniques to prepare themselves for an upcoming MCMAP test. According to Marine Administrative Message 275/02, exercising safety during MCMAP training is very important. The MARADMIN says the Marine Corps suffers many injuries on a yearly basis due to MCMAP related injuries.**

The amount of canned tuna that is safe to eat each week should be based on body weight:

- 25 pounds-1 tablespoon
- 50 pounds-2 oz.
- 75 pounds-3 oz.
- 100 pounds-5 oz.
- 125 pounds-1 can or 6 oz.
- 150 pounds-8 oz.
- 175 pounds-9 oz.
- 200 pounds-10 oz.

Choose albacore, chunk or chunk light varieties, which have less mercury than solid white or chunk white types.

Source: Fish Facts for Good Health, publication of the Washington Department of Health.



## MALS-26 (Rein.) commander: 'How can we make this place better?'

**Sgt. Juan Vara**  
contributor

**AL ASAD, Iraq** -- The “Patriots” of Marine Aviation Logistics Squadron-26 (Reinforced) have hit the ground running, and after less than two weeks here, have assumed the responsibilities of MALS-16 in the first turnover of an aviation logistics squadron since Marine aviation units began operating from this former Iraqi air base.

“We’re starting operations ahead of schedule, and we’re really happy with the way things went,” said Lt. Col. Carmine J. Borrelli, MALS-26 (Rein.) commanding officer and Yonkers, N.Y., native. “The Marines of MALS-16 have done remarkable things, and we’re here to make it better.”

The squadron’s mission is to provide aviation logistics support, guidance and direction to the flying squadrons here on behalf of the Marine Aircraft Group-26 commander.

They’re also in charge of providing intermediate level maintenance for aircraft and aeronautical equipment, performing repairs on specific engines, and requesting, storing, handling, assembling, transporting and inventorying ammunition.

According to Borrelli, the key to a seamless rotation was a team of experts who observed how their West Coast counterparts ran things and got a head start inventorying gear and working out billeting issues six weeks ahead of the rest of the unit’s arrival.

“We’re glad to be part of this,” said Cpl. Nicholas P. Satter, MALS-26 (Rein.) airframes mechanic originally from Holley, N.Y. “I’m definitely proud to take part in this deployment and serve a purpose by assisting the Iraqis bring a democracy to their country.”

Sergeant Tensley B. McLendon III, supply dayshift non commissioned officer-in-charge, said participating in training exercises such as Desert Talon and Striking Hawk helped him and others in the squadron prepare for this deployment.

“Every Marine who’s been in those exercises has experienced being away from their families, the 12-hour shifts, the environment, the heat and the cold,” said the Newark, N.J., native. “It helps a lot mentally.”

Major Marion D. Jones, MALS-26 (Rein.) executive officer from Jacksonville, Fla., said the Marines are eager to support the Marine air mission throughout Iraq.

“They’re all about supporting the squadrons and know that our contribution, our goal, is high quality aircraft maintenance. In the back of their minds they know their job has a secondary contribution to Iraq—to let them build a democratic state and allow the country to get back on its feet.”



Sgt. Juan Vara

Marines and Sailors from Marine Aviation Logistics Squadron-26 (Reinforced) stand in front of Lt. Col. Carmine J. Borrelli, squadron commander from Yonkers, N.Y.; Staff Sgt. Michael H. Murrell, aircraft structure mechanic from Coeur d'Alene, Idaho; and Sgt. Maj. Leroy Williams, squadron sergeant major from Columbia, S.C., during the unveiling of the 'Patriots' logo here March 1. The unveiling ceremony celebrated the first turnover of a Marine aviation logistics squadron since Marine aviation units began operating from this former Iraqi air base.

# Be what you want to be, do what you want to do

**Petty Officer 1st Class Aaron D. Painter**  
religious program specialist



Are you doing what you dreamed you would be doing ten years ago? Have you accomplished at least half of your goals from the past four years? What would you like to be when you grow up – and are you working on doing it?

These are questions that every person needs to ask themselves throughout their life, and constantly re-evaluating where we are helps us to achieve those dreams we wish would come true.

Now that you have looked within and remembered what it is that you want to be doing – list all the reasons why you aren’t doing just that. Next to each one, write “Excuse #1, Excuse #2, etc.” Then beside that write whether or not there is anything you can do to overcome the excuse, obstacle, or whatever other reason you have written down to block you from accomplishing your dreams and goals.

Excuses are the reason you are not doing what you want to do – justifiable or not.

Anyone can accomplish anything they put their mind to. You just have to examine those reasons and decide that is in your power to overcome any obstacle and then go for it. One of my favorite sayings is, “When you reach for the stars, you will never end up with a hand full of mud.” And that rings true, unless you aspire to be an adobe house builder, gardener or other soil based occupation.

I recently talked with three different people who told me what they wanted to be. “I always wanted to be a journalist/pilot/business owner/officer,” and I would ask what are they doing to become that or why aren’t they doing what they want to do. “Well,...” and I just can’t hear anything past the “well.” I wish they would also stop listening to their own excuses, and I

tell them just that.

No one, especially me, should ever tell you that making your dreams come true is as easy as wishing on a star. We have to work hard to achieve our goals, which is why they are called accomplishments. Sometimes it is about sacrifice – giving up free time and hobbies to return to school, or consistently search for that dream job, and sometimes we have to relocate far away to make our dreams come true.

Ask yourself if all the sacrifices to do what you truly want to be doing are worth it, make a decision and go for it. Don’t let anything stop you. If you need finances, get a second job; if it is school, apply today!

Keep your goals and dreams written down where you can look at them every day with your daily affirmations, and you will make them come true.

For those of you who truly love what you do, savor it thoroughly. It has become an extraordinary feat to do what you truly want to do. Look past all the trivial day to day stresses that build up to an annoyingly hard day at work, and ask yourself if you are where you want to be. Are you doing what you imagined you would be doing ten years ago, and can you imagine doing this for another ten years? If the answer is yes, congratulations. If the answer is no, what is holding you back from accomplishing your goals? Be honest. How much are you holding yourself back?

I hope every person can find a career and life path that they truly enjoy. Loving your job makes for a happier and healthier person, and that happiness spreads to all aspects of your life, as well as those around you. Spread the joy. Go do what you want to do.

# Awareness vital to keep Marines, Sailors alive

**Lance Cpl. Brandon M. Gale**  
correspondent

“There is always hope. That’s the bottom line,” said Petty Officer 1st Class Aaron D. Painter, religious program specialist at the Memorial Chapel here.

Finding hope in any situation is the key to suicide awareness and prevention, said Painter. Offering to help one another find hope is the responsibility of every Marine and Sailor.

While being in the military does not necessarily make someone more susceptible to suicide, it can amplify the stresses that lead to suicidal feelings, said Leslie H. Slosky, Marine Family Service Center intervention and treatment unit coordinator. However, no crisis is worth the taking of one’s own life.

It is important to remember that suicide is a permanent solution to a temporary problem, said Slosky.

She said, the MFSC does a good job of getting the suicide prevention information out, but noticing the outward signs that a suicidal person displays, such as giving possessions away and withdrawing from loved ones, is essential to preventing any unfortunate incidents.

Regrettably, many servicemembers do not want to carry the stigma of someone who needs help or isn’t strong enough to handle their own problems.

“Sometimes the hardest part of getting a person help is the feeling one gets of violating an agreement of friendship,” said Slosky. “It is important to get a friend help even if the suicidal feelings were brought up in a confidential manner.”

If a servicemember is uncomfortable addressing the issue directly, Karen S. Slack, MFSC prevention and education coordinator, recommends using the chain of command.

The most important thing is not to hesitate, said Painter. The people who feel they can’t make it one more day are the one’s who are in the most danger.

“Everyone is worth making it one more day,” he said.

For more information or suicide prevention briefs, call (910) 449-5259/5254.

## Memorial Chapel Services

### Sunday Worship

9 a.m. Catholic  
11 a.m. Protestant

Please call  
Memorial Chapel  
at 449-6801 for  
more information.



# Marine Family Service Center

### AA Meetings

Each Monday  
11:50 a.m. to 12:50 p.m.

MFSC now has Alcoholics Anonymous meetings every Monday. These meetings are open to alcoholics and non-alcoholics.

### Retired Affairs

Each Wednesday and Friday  
8 a.m. to 12 p.m.

The retired affairs representative can provide retired service members and their spouses with information regarding benefits, entitlements, privileges and legal assistance. No appointments are necessary.

### Play Morning

Each Thursday  
9:30 to 11 a.m.  
Youth Community Center

Play morning is a time for mom and dad to have fun with their children ages six

and under. Come play with them! For more information, please call the New Parent Support Program at 451-5286.

### Keystone Meetings for Teens

Each 1st and 3rd Friday  
6 to 7 p.m.

This is a Boys and Girls Club Program that offers an opportunity to gain leadership skills, participate in and earn community service hours as well as social activities. Come voice suggestions and plan events. On the third Friday of each month, a teen-selected prevention topic is presented.

### Power Hour

Monday through Thursday  
4 to 5 p.m.

This is an education program implemented by the Boys and Girls Clubs of America to help students excel in school. Power Hour means that everyday after

school, members will have a special place that is quiet and private to do their homework.

Someone will be on hand to help members who have questions or need help understanding their homework. Tutoring will also be available and can be scheduled on a weekly or daily basis.

### Welcome Aboard Brief

April 5  
8 to 11:30 a.m.

Anyone new to the Jacksonville area can attend the Welcome Aboard Brief at the Enlisted Club.

They will hear presentations from a variety of agencies, including Family Services, Branch Medical, Jacksonville Police Department, the United Services Organizations and more.

Following the briefs and information fair, they can stay for a free

lunch and a bus tour of the area.

### Raising Children in a Non-Violent Home Part I

April 5  
1:30 to 3:30 p.m.

Learn conflict resolution and how the media is affecting your children through role-playing exercises and practical techniques.

### Raising Children in a Non-Violent Home Part II

April 12  
1:30 to 3:30 p.m.  
Same as above.

For more information about the programs or to pre-register for one of the classes, please call 449-6110/6185, or visit the Web site at [www.lejeune.usmc.mil/mcasnr/fsc/fschome.htm](http://www.lejeune.usmc.mil/mcasnr/fsc/fschome.htm).

2005 Active Duty Fund Drive  
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For more information on the Navy and  
Marine Corps Relief Society you may visit  
our Web site at [www.nmcra.org](http://www.nmcra.org) or call the  
New River Office at 449-6431 or the Camp  
Lejeune Office at 451-5346, ext. 244.



LC10 LCTV-10 Schedules LC10

March 11 - 17

Show Title	Show Times
Shooting Gallery (Hollywood Stuntwomen).....	7:30 a.m., 3:30 p.m., 11:30 p.m.
The Morning Report .....	8 a.m., 12 p.m., 4 p.m., 8 p.m., 12 a.m., 4 a.m.
Air Force News .....	8:30 a.m., 4:30 p.m., 12:30 a.m.
Your Corps .....	9 a.m., 5 p.m., 1 a.m.
Army News .....	9:30 a.m., 5:30 p.m., 1:30 a.m.
The Flying Marines .....	10 a.m., 6 p.m., 2 a.m.
This is Medieval Times Myrtle Beach.....	10:45 a.m., 6:45 p.m., 2:45 a.m.
Inside R/C (Heli Jamboree).....	11 a.m., 7 p.m., 3 a.m.
Marine Security Guard Battalion.....	11:30 a.m., 7:30 p.m., 3:30 a.m.
Pacific Report.....	12:30 p.m., 8:30 p.m., 4:30 a.m.
Navy Marine Corps News.....	1 p.m., 9 p.m., 5 a.m.
Battleship North Carolina.....	1:30 p.m., 9:30 p.m., 5:30 a.m.
Pentagon Ch. On Assignment .....	2 p.m., 10 p.m., 6 a.m.
Pentagon Ch. Studio 5 .....	2:30 p.m., 10:30p.m., 6:30 a.m.
The Citadel.....	3 p.m., 11 p.m., 7 a.m.

H&HS puts home cookin' to the test



Pfc. Jonathan A. Tabb

Judges for the Headquarters and Headquarters Squadron Chili Cook-Off taste several  
samples of chili made by H&HS Marines and family members on Feb. 26 here. Aside  
from the chili taste-testing contest, there was a band made up of H&HS Marines  
playing live music, free food and drinks and two movies were shown at the Station the-  
ater. The event was conducted to build unit cohesion and camaraderie. Check out the  
next RotoVue, March 23, for more about the event.

FEATHERNECK

CRAIG H. STREETER

